

Isticmaalka daawooyinka Dhaqanka

Dadka kunool daafaha caalamka -- ayna kujiraan kuwo kunool Maraykanka -waxay adeegsadaan daawooyin dhaqameedka si ay uga caawiyaan markay xanuunsan yihiin ama inay caafimaadkooda udifaacdaan.

Tusaalayaasha noocyadaan daawooyin dhaqameedka ah waa kaniiniyo, kuwo budo ah, shaax iyo maadooyinka la iskudaaweeyo ee laga sameeyay geedaha ama dhir daaweedka ee wadankaaga ama aad kaheli karto halkaan wadanka Maraykanka.

Qaar badan oo kamid ah daawooyin dhaqameedkaas waa kuwo amaan ah oo ufiican caafimaadkaaga, laakiin qaarkood maaha. Dhakhaatiirta iyo farmashiilayaasha kudhaqanka dalka Maraykanku waxay kugu dhiirgalinayaan inaad cunto daawooyin dhaqameedka haddii ay amaan yihiin.

Usheeg dhakharkaaga iyo farmashiilahaaga wixii daawoyin dhaqameed ah ee aad adigga ama cunugaagu isticmaalaayo. Xaqiiqiyan, waa muhiim inaad daawoyinka uqaado marka xigta ee aad balan laleedahay dhakhtarkaaga.

Halkaan ayaad kahelaysaa sababaha ugu wayn ee ay muhiimka u tahay inaad usheegto waxa aad qaadanayso dhakhtarkaaga ama farmashiilaha:

- Haddii aad cunayso daawooyin lagu qoray, mararka qaar daawooyinka dhaqanka ayaa carqaladayn kara daawooyinka lagu qoray. Tani waxay keeni kartaa inaad xanuunsato ama kadhigto daawooyinkaaga kuwo daciif ah.
- Sidoo kale, haddii aad cunto cadad badan oo daawoyinka dhaqanka ah, basbaaska, toonta ama sanjabiisha sababo laxariira caafimaadkaaga, tani waxay sidoo kale carqaladayn kartaa dawooyinka lagu qoray.
- Mararka qaar daawooyinka dhaqanka ayaa leh maadooyin halis ku ah jirka. Kaliya inay yihiin daawo dabiici ah kama dhigna inay caafimaad yihiin.



Tusaale, waxaa la ogaaday in daawooyinka budada ah ee laga keeno dalka Burma ee loo adeegsado dhibaatooyinka caloosha ay kujirto tiro badan oo sunta macdanka iyo hubka ah. Sunta macdanka iyo hubku waxay halis kuyihiin jirka. Budooyinka noocaan ah waxay kugu ridi karaan xanuun waxay si gaar khatar ugu yihiin caruurta.

Haka cabsan inaad usheegto dhakhtarkaaga ama farmashiilaha arintaan. Waxay muhiim u tahay caafimaadkaaga inaad usheegto macluumaadka dhakhtarka.

Using Traditional Medicines

People all around the world – including in the United States –use traditional medicines to help them when they are not feeling well or to keep themselves healthy.

Examples of these types of traditional medicines are pills, powders, teas or healing products made from plants or herbs from your home country or that you find here in the US.

Many of these traditional medicines are safe and are good for your health, but some are not. Doctors and pharmacists in the United States will encourage you to take traditional medicines if they are safe.

Tell your doctor and pharmacist about any traditional medicines you or your child may be using. In fact, it's a good idea to take these medicines with you to your next doctor appointment.

Here are the main reasons why it is important to discuss what you are taking with your doctor or pharmacist:

- If you are taking prescription medications, sometimes traditional medicines interact with the prescription medication. This can make you sick or can make your medication weak.
- Also, if you eat large amounts of herbs, spices, garlic or ginger for your health, this can also interact with your prescription medications.
- Sometimes traditional medicines have ingredients that are harmful to the body. Just because they are natural does not mean they are healthy.



For example, it was discovered that some powders from Burma that are used for stomach problems had large amounts of lead and arsenic in them. Lead and arsenic are very harmful to the body. These types of powders can make you sick and are especially harmful to children.



Don't be afraid to talk with your doctor or pharmacist about this. It is important for your health that you share this information.